

Full Report (All Nutrients) 14091, Beverages, almond milk, unsweetened, shelf stable

Report Date: December 04, 2015 02:03 EST

Nutrient values and weights are for edible portion.

Food Group : Beverages

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 262g
Proximates					
Water ¹	g	97.05	4	0.029	254.27
Energy	kcal	15	--	--	39
Energy	kJ	61	--	--	160
Protein ¹	g	0.59	4	0.013	1.55
Total lipid (fat) ¹	g	1.10	4	0.000	2.88
Ash ¹	g	0.68	4	0.030	1.78
Carbohydrate, by difference	g	0.58	--	--	1.52
Fiber, total dietary ¹	g	0.0	2	--	0.0
Sugars, total ¹	g	0.00	2	--	0.00
Sucrose ¹	g	0.00	2	--	0.00
Glucose (dextrose) ¹	g	0.00	2	--	0.00
Fructose ¹	g	0.00	2	--	0.00
Lactose ¹	g	0.00	2	--	0.00
Maltose ¹	g	0.00	2	--	0.00
Galactose ¹	g	0.00	2	--	0.00
Minerals					
Calcium, Ca ¹	mg	197	4	5.809	516
Iron, Fe ¹	mg	0.35	4	0.006	0.92
Magnesium, Mg ¹	mg	7	4	0.186	18
Phosphorus, P ¹	mg	10	4	0.167	26
Potassium, K ¹	mg	67	4	0.766	176
Sodium, Na ¹	mg	71	4	0.533	186
Zinc, Zn ¹	mg	0.07	4	0.018	0.18

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 262g
Copper, Cu 1	mg	0.029	4	0.008	0.076
Manganese, Mn 1	mg	0.042	4	0.002	0.110
Selenium, Se 1	µg	0.2	1	--	0.5
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin 1	mg	0.060	2	--	0.157
Riboflavin 1	mg	0.047	2	--	0.123
Niacin 1	mg	0.075	2	--	0.196
Pantothenic acid 1	mg	0.030	1	--	0.079
Vitamin B-6 1	mg	0.015	1	--	0.039
Folate, total 1	µg	1	2	--	3
Folic acid	µg	0	--	--	0
Folate, food	µg	1	--	--	3
Folate, DFE	µg	1	--	--	3
Choline, total	mg	0.0	--	--	0.0
Vitamin B-12 1	µg	0.00	1	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	43	--	--	113
Retinol 1	µg	43	1	--	113
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	142	--	--	372
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	2.81	--	--	7.36
Vitamin E, added	mg	2.81	--	--	7.36
Vitamin D (D2 + D3)	µg	1.0	--	--	2.6
Vitamin D3 (cholecalciferol)	µg	1.0	--	--	2.6
Vitamin D	IU	42	--	--	110
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
Lipids					
Fatty acids, total saturated	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 262g
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.000	--	--	0.000
18:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.708	--	--	1.855
16:1 undifferentiated	g	0.006	--	--	0.016
18:1 undifferentiated	g	0.702	--	--	1.839
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.236	--	--	0.618
18:2 undifferentiated	g	0.236	--	--	0.618
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18e, 2014 Beltsville MD